

10 Reasons Women Stay in Bad Relationships



By Jennifer

Harrington

Everyone knows the oldies song that proclaims “breaking up is hard to do”, but do you ever wonder why some women stay in bad relationships, rather than breaking up and starting over? Look no further than Hollywood to identify some of the most common reasons women don’t kiss Mr. Wrong goodbye:

Related Link: [Breaking Up Without Breaking Down](#)

1. She fears being single. *Esquire* Magazine’s 2011 Sexiest Woman Alive, Rihanna, has publicly admitted she hates the single life and it’s “overrated”. She’s made it no secret that she’s looking for that special guy to share her life with. While Rihanna may claim she is not enjoying her time unattached, after her disastrous relationship with Chris

Brown, it seems she is taking some time out of the dating game to have fun and heal.

2. She doesn't want to face the stigma of divorce. After being married for two decades, there's no question that Robyn Gibson knew about some of the problems her husband, Mel Gibson, was facing. Mel has notably dealt with alcohol abuse, an arrest for driving under the influence, and publicized racist remarks. Despite all of these warning signs, Robyn stood by her man until 2006 when they filed for divorce. Knowing what Mel put her through, one can only wonder if she stayed with him so long because for the sake of their seven children and their strong Catholic faith, which discourages divorce.

Related Link: [How to Kick That Bad Relationship to the Curb](#)

3. She wants children. Jennifer Aniston and Justin Theroux recently announced their engagement, which means everybody will be watching for Jennifer's baby bump in the coming months. A victim of constant pregnancy speculation over the past several years, Jennifer has shared that in regards to having a baby, "I still kind of go with, if it happens, it happens. I'm calm and peaceful with whatever the plan is. It's not something where I'm going, 'I gotta have a kid!'" Given she's 43, time will tell if Jennifer is tying the knot with Justin for true love or for babies.

4. She doesn't want to hurt her partner. Vanessa Paradis and Johnny Depp, while never married, enjoyed a long romantic relationship and became raised two children together. The couple has gone their separate ways. Vanessa still speaks glowingly of her former partner and it's apparent the love between these two was real, but given Johnny has been living for the bachelor for some time now, it's likely there was something was very off-track in this relationship. Ultimately, Vanessa has decided that "Love is the strongest and most fragile thing we have in life. Nothing is ever for sure, but when something in love doesn't work from the beginning, it's

never going to work. Don't push it."

5. She doesn't want to hurt her children. Several years ago, everybody watched as the relationship between Kate and Jon Gosselin crumbled. Any viewer of the hit television show *Jon and Kate Plus Eight* could tell trouble had been brewing between these two for some time. No doubt that raising eight small children is difficult, but between Kate's belittling of Jon and Jon's playboy ways, divorce was inevitable. Kate has acknowledged her biggest fear about the divorce was being a single parent and hurting her children.

6. She thinks things will get better. Kourtney Kardashian's relationship with longtime boyfriend Scott Disick has been marked by Scott's excessive drinking and partying, and the couple's hesitancy to marry. In fact, in 2011, Kourtney shared with *People* magazine that she thinks Scott is "the one", but she is not "100 percent" yet. Scott has sought professional help for his alcohol abuse issues, and recently the couple welcomed their second child, daughter Penelope Scotland. It seems that Kourtney is hoping that Scott's wild days are behind him!

7. She thinks she won't find anybody better. It's hard to imagine what attracted Angelina Jolie to Billy Bob Thornton, but during the course of their three-year marriage, indulged frequently in public displays of affection, and even wore vials of each other's blood as necklaces. They ultimately split because they had different ideas of how they wanted to live; Angelina is a well-known globetrotter and Billy Bob is a homebody. When they split, they had just adopted son Maddox from Cambodia. Assuming the role of a single parent must have been scary for Angelina, but just one year later, Angelina met Brad Pitt met Brad Pitt, and the rest is history!

8. She labels herself as part of the problem. The late Whitney Houston and ex-husband Bobby Brown dealt with alcohol and drug abuse in the media spotlight. Many people blamed Bobby for

introducing Whitney to drugs, but in an interview with ABC News, Bobby said “I wasn’t the one who got Whitney on drugs”. The 15-year marriage was violent at times, and Whitney shared with Oprah Winfrey in 2009 that, “He was my drug. I didn’t do anything without him. I wasn’t getting high by myself. It was me and him together, and we were partners, and that’s what my high was—him. He and I being together, and whatever we did, we did it together. No matter what, we did it together.” It’s hard to imagine that Whitney didn’t blame herself for some of the problems in her marriage.

9. She doesn’t have the frame of reference to understand healthy relationships. Britney Spears became a major international pop star when she was just a teenager. It’s no surprise that her twenties were marked by increasingly erratic behavior and two short-lived marriages. However, Britney has spent the past several years living a much more low-key lifestyle, focusing on her duties as a mother to her two small sons. She’s also enjoyed a long courtship with now-fiance, Jason Trawick. It seems the past decade has taught Britney a lot about life and love!

10. She feels pressure to make it work. It seems the relationship between Kim Kardashian and Kanye West is on the fast-track. Kim is only 31, but she has two failed marriages behind her (as well as many ex-boyfriends). Kim’s 2011 marriage to Kris Humphries was widely criticized when she announced plans to divorce just 72 days after the lavish wedding ceremony. Many declared the nuptials were just a publicity stunt. If the romance between Kim and Kanye continues, Kim will likely feel pressured to make a real commitment this time around (it helps that Kim and Kanye were friends before dating!).

What other celebrities can you think of that have stayed in bad relationships for too long? Share your comments below.

ShrinkWrap: Has Your Relationship Hit a Speed Bump?



By Jane Greer, Ph.D.

for GalTime

catching the clues that something is off

Not all roads to romance offer a clear ride. Sometimes the signs are harder to read than others. As Emily Maynard, this season's Bachelorette, handed out roses, the message was pretty clear: stay or go. But short of gathering for the ABC show's famous rose ceremony, is it possible to miss the message? Might an important lane shift have taken place that you somehow didn't notice? And what can you do to protect yourself against the turbulence of an unexpectedly bumpy ride?

Take Lucy, for example. She was dating a guy named Adam with the usual excitement and reservation that comes at the start of any promising possibility. But Adam took off, gaining speed faster than she expected: telling her how much he liked her, wanting her to meet his friends, and calling and texting all the time. Since she liked him, too, she joined in and went along for the ride. Before she knew it, though, she was ahead of him, and he had slowed down, suddenly saying he couldn't keep up with her expectations. Because he continued to stay connected, she didn't realize what that might mean. So she kept going at the same momentum. And then she didn't hear from him. That was two weeks ago.

She was angry, and didn't understand what had happened. How can you make sure you don't get ahead of the relationship, particularly if one person is coming on strong? Before you let yourself go full-steam ahead, you might want to build in a few speed bumps for yourself. There are some people who jump into a relationship fast, and then want out fast, and you want to protect yourself from getting too attached if there is the chance that person could burn out.

You can do that by being aware of when and how much of your feelings you share. If they say they like you, you can reciprocate with an, "I like you too, let's see where this goes." If they want you to meet their friends, suggest you get to know each other a little better first. Build a foundation under the two of you before getting carried away.

When Adam told Lucy he couldn't keep up with her, it was the equivalent of the Bachelorette's not offering a rose. It just took her a little while to realize it, and by then she was halfway down the highway and looking forward to the road trip. Once you're there, it's harder to come back.

Questions You Should Never Ask on Thanksgiving



By Piper Weiss for Yahoo! Shine

Thanksgiving is a high school reunion for relatives. Everyone gathers together to reflect on where they've been, how far they've come, and how much better or worse they're doing than before. It's a Butterball of nerves, particularly when you factor in Thanksgiving other high-stakes ingredients: the doomsday traffic, the one crazy relative who shows up and does his/her crazy thing, the underlying family feuds, the love, the all-day drinking, the hunger – the extreme hunger! – for the perpetually “almost-ready” turkey, and those ghosts of holidays past. The result is a minefield of emotions and the reason family baggage has become such a cliché. We've all got

it, and we bring it to the table on Thanksgiving. All it takes is a seemingly innocuous question to snap that luggage right open and turn dinner into a Eugene O'Neill play. To bypass such family drama, avoid asking the following questions – or answering them.

Don't ask: "What happened with that guy you brought last year?"

Unless you want to hear: "We were both in different places in our lives, and he's 'doing him' right now...but I guess I do feel like it's weird (voice-cracking) being back this year without him...I'm sorry, I don't know why I'm crying, I'm actually totally fine with things." Please, distant relatives, do not interpret this reaction to mean she's been wanting to share this news with you. It's just that you've ripped the wound open again. Nice.

Along those lines don't ask: "So...when is the baby/ring coming?"

Unless you want to hear: "Ha! Who knows?" (And then, in a whisper directed at someone else] "Can we switch seats?"

Don't ask: "Why don't we go help mom cleanup?"

Unless you want to hear (and you don't): "Why, because we're women? Mom may still embrace a hegemonic gender construct, but now that I'm out on my own, I'm making my own choices.

Don't ask: "Will you marry me?"

Unless you want to hear: that crazy relative answer first and kill the mood. Contrary to what rom-coms will have you believe, Thanksgiving dinner is not ideal for super romantic moments. See the next question for more information...

Don't ask: "Where's the bathroom?"

Unless you want to: go to the guest bathroom, which by the end

of the night is a devastated war-zone with a vigil candle. (Pumpkin spice!) Instead, just slip away when nobody's paying attention and wander into the perfectly untarnished master bathroom oasis. There is your sanctuary of tinctures, furry toilet seating and trivia almanacs. You've got about 20 minutes until people start asking where you went.

And finally, don't ask: "Where did you go for so long?"

Unless you want to: embarrass someone who just spent the past 20 minutes in a bathroom.

Leaving Your Mark: Celebs Who Profess Their Love with Tattoos





By Nic Baird

The rich and famous get tattoos for the same reasons as everyone else: They're about self-expression and an unchanging reminder in a changing life. A celebrity's brand is their image, and that's often something to consider when deciding between Mike Tyson's tribal face design or Drew Barrymore's navel butterfly. While we common folk might get a little attention for a bold new tat, it doesn't compare to the [celebrity news](#) created by famous new ink. Here are some of the reasons celebs get tattoos. For the most part, they're not that different from anyone else!

Celebs And Their Ink

1. Self-expression: Maybe our expectations of rock stars like Amy Winehouse push artists to mark themselves as such. Music superstars seem like credible artists with some eye-catching body art. *Rock Of Love 2* runner-up Daisy de la Hoya was a human canvas. Her iconic three-quarter sleeve led to her own dating spin-off show and attracted the attention of heavily painted rocker Tommy Lee. The bottom line is that whether it's for the fans or for themselves, real rock stars get ink.

Related Link: [LeAnn Rimes Announce Love for Eddie Cibrian with a New Tattoo](#)

2. Proof of change: [Miley Cyrus](#) went under the needle again last month to get a Teddy Roosevelt quote on her wrist. She may be trying to remind us that she isn't 14-year-old Hannah Montana anymore but instead a more serious – or at least more tattooed – adult celeb. Actress [Angelina Jolie](#), who seems to be the lead celebrity spokesperson for tattoos, described them to *USA Today* as “something permanent when you’ve made a self-discovery, or something you’ve come to a conclusion about.” Just as a serial killer might etch the names of victims into his skin, you can record important life events by marking the occasion on your body. Jolie takes this to a whole new level.

3. Memory makers: Fond memories and self-discovery inspired Jolie to collect at least 14 tattoos over the years. Her body is a map of her life. A Buddhist Pali incantation to protect her adopted Cambodian child sits on her left shoulder blade. All six of her children have a place beside it on her shoulder where geographical coordinates represent their scattered birthplaces. Jolie says she uses body art to remember the good times. When it comes to relationships and love, a lot of celebrities are guilty of this celebratory use of ink.

Tattoos For Celebrity Couples

4. For love: In fact, Jolie's infectious love of tattoos has spread to husband Brad Pitt. He's been marked with his celebrity loves' birthday in Khmer script on his chest. Thankfully, tattoos are not really all that permanent for those who can afford to get them removed. Jolie knows this because she was able to laser off three pieces of Billy Bob Thornton memorabilia and a Japanese symbol on her arm she had shared with Johnny Lee Miller. She also covered several others; after all, not everyone is comfortable sporting memories of their celebrity exes! Rocker Avril Lavigne shares

four matching tats with her former boyfriend, reality TV's Brody Jenner, including his name under her right breast. And she's still hanging on to two with ex-husband Deryck Whibley of Sum 41, despite being engaged to Nickelback's Chad Kroeger.

Related Link: [Angelina Jolie's Tattoo Is 'for Brad'](#)

5. Brand billboard: While it's clear that celebs mostly get tattoos for all the usual, relatable reasons, there are exceptions. Pop icon Lady Gaga is blurring the line between self-expression and self-marketing. Recently, she gave her nearly 29 million Twitter followers and 53 million Facebook fans a look at her tenth tattoo. A picture showed ARTPOP printed along her wrist, which was also revealed as the title of her upcoming album. The confidence is admirable at the very least.

The only problem after getting inked up is regret. People change, but tattoos don't. It seems ironic to commemorate something as fleeting as a celebrity couple with something as lasting as a tattoo. But artists at every level have always been attracted to body art. For Gaga's sake though, ARTPOP better not bomb.

What are some unforgettable tattoos that you've seen? Comment below.

Living Your Best [Single] Life



By Eleanore Wells

I am a heterosexual woman, I live in New York City and I love dating. I have an awesome life: a successful career as the owner of a marketing consultancy –Golden Door Consulting– with a great income that allows me to afford a second home in the Hamptons, an active social life and vacations around the world. I have great relationships with my family and a fabulous circle of good friends. I support charitable organizations with my money and time, and adore my 13-year-old Yorkie, Danny. Despite all this goodness, though, there are many who look at my life and feel sorry for me...because I'm single. And I don't get it.

Marriage is not for everyone, and the high divorce rate corroborates this. And the U.S. Census says that while only 28% of U.S. adults were unmarried in 1970, that percentage rose to 47% in 2010. Plus, a 2011 study by the Pew Research Institute found that the number of U.S. adults who are unmarried is now 49%, a record high. So, there's a lot of single people out there, and I'm a little baffled why people

act like being single is such a bad thing. It's not.

Related Link: [Five Lives Your Single Friends Like to Tell](#)

I've been single all my life. In fact, I like the word spinster, though a lot of people don't. I want them to get over it, because being single –a spinster–is just fine, and I've learned a few life lessons for making it work. So, for those who still aren't quite sure that "living single" can be really good, here's a few things to think about:

1. Revel in Your Freedom. Being single, I'm not encumbered with many of the restrictions that come with having a husband and children. My time and my money are my own and I can spend them however I want. I love to travel and so I do. I've traveled the U.S. and the world, and plan to continue doing so. I can sleep in on the weekends. I can dash out of the house at a moment's notice –without looking for a babysitter or discussing it with my husband– if someone rings me up and says "join me".

Related Link: [Single Celebrities We Want to See Hitched](#)

2. Have Adventure. Pushing the "freedom" thing a bit, I recommend adventure...pushing the envelope...stepping out of your comfort zone from time to time. I want to make sure that I can look back at my life when I'm 90 and say "well done, girlie." Being single means it's okay to indulge in a few unconventional behaviors on occasion. I quit my corporate job and started my own company before I had a client, I found myself in the hotel room of an A-List actor, and I took off for a two-week trip to Europe alone after thinking about it for just a week. Had I not been single, these actions could have seemed a bit irresponsible. Instead, they were just fun.

3. Use Birth Control. This is an important one and nothing to be casual about. If you're not deliberately trying to change your spinster status by having a child, then be very careful. Otherwise, your new nickname could be "Mom". And all those

freedoms you used to have will disappear.

4. Don't Re-Date the Jackass Ex-. Sometimes being single can get a little lonely. Then, we look around to see who's available and the ex- starts to look a little better. Don't do it though. It's important to remember that this loneliness usually doesn't last, and is often about something else going on in your life. Figure out what that is and deal with it, because if he was a jackass the first time around, he's still one. I know this for a fact, so I'm saving you the trouble. A word to the wise should be sufficient.

My hope is to remind every unmarried woman out there that her life should be celebrated. There is something empowering and rather brave about not marrying or having children if you're not 100% sure. Admittedly, some single women wish they were married, but since they're not at the moment, I'd like them to focus on what's good in their lives. A spinster may or may not eventually marry but, in the meantime, she certainly owes herself a great life.

Read more about the joys and realities of being single in Eleanore's book "The Spinsterlicious Life: 20 Life Lessons for Living Happily Single and Childfree", her very popular blog, The Spinsterlicious Life at www.EleanoreWells.com/blog, and her Spinsterlicious Facebook Fan Page.

“No More Duck Lips!” And Other Dating Profile Rules



By Luba Tolkachyov,

from GalTime.com

how to make your online dating profile stand out

Finding that special someone can be frustrating, and many people use online dating and matchmaking sites to open up doors to new possibilities. There are literally millions of people out there looking for their soulmates, and an online profile might help them find you!

Here are some tips on how you can maximize your profile – and find someone great.

LOVE ISN'T ALWAYS SIMPLE, BUT YOUR DATING PROFILE SHOULD BE

Writing your online profile shouldn't feel like a college assignment. It should be a brief, natural extension of your own personality. A lot of people are reading dozens of profiles, so you want to communicate who you are as quickly as possible. Help your readers learn whether they have something in common with you as easily as possible.

When you're sharing information, simply ask yourself, "Can I sum this up in five words?" Most likely, you can and should; the second readers see you've written a short novel about yourself, they'll lose interest and move on.

You also want to keep in mind that dating is supposed to be fun! If it starts to feel like a job that's weighing you down and stressing you out, you need to change your attitude and approach it differently. Keeping it simple will help you spend less time overanalyzing things – and give you more time to meet people.

SHOW THE REAL YOU

Honesty is key. Online profiles are meant to lead to meeting people in person. If you're not honest in your profile, you won't have good experiences meeting people face to face. Chemistry is something we all want, but it develops when you interact directly, not when you read about each other. The more accurate and true the online version of yourself is, the more likely you are to click with someone who's drawn in by your profile.

You also want to be approached by people who share your objectives, so if you're looking for marriage, say so! There's no reason to beat around the bush. I would hate to end up on a date with a nice, attractive, funny man I could fall in love with, only to find out he's not interested in falling in love as well.

SAY CHEESE!

The picture you choose for your profile is just as important as the words you write. Select one that clearly shows your face. Avoid group shots, since it makes it difficult for those browsing your profile to know which person you are. It also can imply that you're being misleading and want other users to assume you're the most attractive person in the photo – whomever the viewer might deem that to be!

And please stay away from clichés. Duck lips, cleavage shots, and photos of you hanging on others don't help you stand out. They just make you look tacky. You want a picture that's flattering and looks like the real you, not a gimmick.

LEAVE SOMETHING TO THE IMAGINATION

Of course, everyone is displaying her best side on an online profile, but don't feel a need to put every single positive detail about yourself on there. You want to make sure you include enough in your profile to describe yourself well and honestly, but you still want to have something to talk about when you meet.

Keep any emails and chats short. If you think you like the person, take it offline and meet for a date to get to know the real him. Remember, dating is about face-to-face interaction!

The dating world can be complex and intimidating, but setting up an online profile is an easy, wonderful way to start meeting new people. Keep your profile simple and honest, and online dating will be a fun adventure. (If nothing else, you'll have some great stories to share.) You never know – you just might find what (or who) you're looking for!

5 Things That Drive Men Away





By Christopher Brya

So you're in a relationship. Congratulations! Now how do you *keep* that relationship? That's one of the questions we got from 1,000 women, who wanted to know why men think the way they do, and what drives them away.

So we took those questions and got answers from 250,000 men about what turns them off of a relationship. The results, collected in our book *WTF Are Men Thinking*, bring you closer to understanding why he behaves in certain ways, and what could spell disaster for a relationship:

Related Link: [How to Master Being In a Relationship](#)

Nagging

Most men told us that women that nag them drive them crazy. Now let's be honest: Sometimes men deserve a little nagging, but the difference between the helpful kind and the hurtful kind is all in the approach. Men said that if women would approach the situation at the right time (in the early evening is preferred) and with the right attitudes (to-the-point and light-hearted) that they would respond in a much more positive way. This is good news: Women really can get what they want and better results. Most men don't respond well to nagging

now because they worry it will continue being the method that women will use. And nobody likes that outcome.

Keep your past exploits to yourself

It might be tempting to talk about past flings with a new guy – how else are you supposed to get the dirt on him? But men really don't want to hear about your ex, let alone what you did with that ex of yours. They especially don't want to play the comparison game. As one man said to us, "This is don't ask don't tell. If I don't ask, don't tell me. But if I do, tread carefully." This is especially true of any physical conquests you may have had. Men just don't want to know and it's in your best interest to keep it that way.

Related Link: [5 Ways to Stop Sabotaging Your Relationship](#)

Being too clingy

Men told us that they adore women that are affectionate and really engage with them. However, there is a fine line between being "into" the man you're with and suddenly being *everywhere* with him. The clingy factor is another major reason men cite for exiting a relationship. Men want an independent and confident woman. They like when you call and text, but sending 10 text messages and day or multiple e-mails or phone calls is a big signal to men that you aren't comfortable being yourself. As one man put it, "Don't try to make a man love you but let him love you. If he wants to, he will. There is no way to make a person fall for you."

Bringing your baggage into the relationship

Another element that drive men away also relates to exes: what baggage you bring to the relationship, and what you do with it. Men know that you have a past and it doesn't end with your previous relationship. But the key is learning from previous significant others, and not assuming that every man is going to behave like your ex.

Controlling your man

Men were very clear in that they liked aggressive, confident women – women that were not afraid to ask men out or for their number. But one thing that was mentioned over and over was that men did not appreciate in any way the feeling that you were trying to change them. Men said to us that you need to accept them for who they are rather than who you WANT them to be. They don't want to be your project. As one man told us, "Women are always looking to change you. It's like they're saying, 'We like you just the way you're going to be when we're done with you.'"

Christopher Brya is the co-author (with Miguel Almaraz) of WTF Are Men Thinking: 250,000 Reveal What Women REALLY Want to Know. He is founder of Solavista Research and has worked for 20 years in marketing research and user experience research for brands like Revlon and Motorola. He lives in Phoenix with his wife and two toddlers, and is one of those guys who buy wine based solely on the design of the label.

Does Your Past Interfere with Your Present?





By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

how past betrayals can hurt new relationships

Did Eva Longoria's recent breakup with Mark Sanchez have anything to do with the memories of Tony Parker's infidelity?

There didn't seem to be any indication that they were having trouble, but sometimes there is nothing to see because it is what's going on below the surface that can cause the problem. For many, it's hard to start over, especially if you've been betrayed in a previous relationship. All of the anger, suspicion, and fear come through and can affect your current romantic situation.

You don't have to be a celebrity to ask the question: is your past interfering with your present?

Sometimes all it takes is one betrayal in your love life to leave you so devastated and reeling that it becomes a challenge to trust future partners. If you have experienced deception, it is not unusual for your reaction to that to be unwittingly repeated with new people even if they have done nothing to deserve it.

Take my patient Hillary, for example. Her boyfriend had been

cheated on by his previous girlfriend. He always wants to know where Hillary is, who she is talking to. She has no intention of hurting him or being with another guy, but his demands and constant questioning make her feel boxed in. The other day, when an old friend called, she didn't tell her boyfriend, not because she had anything to hide, but because she was afraid of how he would react. He found out later and blew up, saying she didn't tell him so how can he trust her? There was no actual problem, but he was creating one. His jealousy and accusations were perpetuating the very thing he was looking to avoid.

Try your best to take your partner at face value. If Hillary had been able to explain it was just an old college friend who had called, and her boyfriend had been able to listen and believe it, things would have been smoother.

Look at the consistency between what someone says and what they do. My patient wasn't making any moves to elude him, or attempt to be with someone else. If he hadn't been carrying over the fear from his last heartbreak, he would have been able to see that things were good between them.

And most important, focus on the present, not the past or what scary thing might happen in the future. That way, you can stay connected and work toward building your own, strong relationship.

Moving In Together: How to Know When the Time is Right



By Nisha Ramirez

For many couples, moving in together is a gradual process. It starts when you leave a toothbrush at your partner's house after a few nights and suddenly they have more of their shirts than you can count tucked away in your top drawer. However, other couples view moving in as an equivalent to getting married, which can be intimidating. Either way, deciding to share space with another person is something that you don't want to rush into. After all, everyone shows their true nature once you become roommates with them, and sometimes that's not pretty. Here are some ways to know when the time is right to move in together:

1. You sleep in the same bed every night: No matter where you go during the day, if the night always ends with a big sleepover, chances are you're ready to move in together. Coming home to the same partner is a huge step that really shows you're committed. Although moving in together entails a lot more than just sleeping in the same bed every night, this can be a great sign that you and your beau are able to coexist

happily.

2. You share huge purchases: If you and your partner share big purchases like electronics or even pets, you're already displaying signs of co-ownership. Being able to share expensive and treasured objects says a lot about your future together in a new home. Living together means learning to share bills, living spaces and a bathroom, so it's good if you're able to start somewhere.

Related Link: [How to Approach Financial Issues in a Relationship](#)

3. You both want to live together: Moving in together isn't something that you spring on a person. It should never be a surprise, so that means don't give a birthday gift of keys to your apartment. Talk to your partner and see how they feel about taking this big step. If you aren't on the same page about living [together](#), then you won't be able to coexist for very long.

4. You are okay with giving up some of your independence: Sharing a place means having to let your significant other decide on a few things. Are you not going to be home on time? Are you taking a trip with your friends? Because you are both living under the same roof, you need to be respectful of your partner and be ready to let go of some of your independence. However, it's important to not become too dependent on them.

Related Link: [8 Tips Smart Women Know About Living Happily Ever After](#)

5. You're able to find your own space: If you get into an argument with your partner and you two live together, you can't pack a small bag and spend the night at your apartment. Instead, you have to know how to find your own space to clear your head within that same household. Before you make the decision to move in together, work on your communication and relaxation skills. Had a fight? Try locking the bathroom door

and having some me time while regrouping in a hot bath. You may be living together, but you have to know how to be solo as well.

How do you know when the time is right to move in together?

Top 3 Pre-Date Primping Rituals



By Dana B. Myers

Ten years ago, I met my husband on Match.com. I was on my *Husband Safari*, ready to meet *him* whether it took three months or three years. I was simply committed to the *process*. If you've ever done it, you know that the dot-com-dating experience can be exciting, daunting, thrilling, annoying and exasperating. It can boost your ego or leave you totally

deflated.

As I made my way through the online dating numbers game, I felt all of that and more. But one thing I hadn't expected was how much time and effort the whole Husband Safari would take – specifically, the time it took to get ready for all of those first dates that went nowhere. Fergie and J.Lo may have teams of stylists to craft their every look, but as a mere mortal, it was just me and my make-up brushes left with the task.

Of course, beautifying oneself to attract positive attention from others is a basic human behavior. It wasn't as if I was going to show up with a bare face and a bad attitude. So, instead of begrudging the effort it took to prep for dates, I chose to create seductive beauty and body rituals.

Related Link: [What to Wear on a First Date](#)

These sexy, simple pre-date rituals became one of the most powerful tools I had for shining up my inner sexy self-confidence. And you know what they say, right? Confidence in a woman is sexy.

Related Link: [Why Amazing Confident Women Remain Single](#)

Below are three of my best pre-date, primping rituals. They'll give you a chance to [flirt](#) with yourself, meditate on what you truly want from a mate, and also have some fun. Check it out:

1. Compliment Your Curves: Choose a flirty chemise to wear while you do your make-up and hair. A chemise is a much more curve-flattering option than a bulky towel for the in-between time after your shower, before you dress for the evening. (Leighton Meester wore Stella McCartney's sumptuous blue Clara Whispering Chemise on a recent *Gossip Girl* episode.) You'll instantly feel flirtatious and more feminine. Admire your gorgeous self in the mirror – you're irresistible!

2. Get Bedroom Eyes: With your brushes and shadows ready,

prepare to create a soft and smoky look. Use pictures of Emma Stone and Keira Knightly as your eye-inspiration. As you apply the make-up, gaze into the mirror and imagine you're looking into the eyes of a future partner. Lower your lids a bit, and tilt your head slightly up and down; raise a brow seductively, never breaking eye contact.

3. Say "Eau Yes!": Choose an eau de parfum that matches your mood for the night – fresh, sultry, playful or mysterious. Then dab it on a few spots, like below your belly button, on your ankles, or on the inside of your elbows. Those less traditional spots will be your secret. The sense of smell can be very powerful when it comes to physical attraction, so use it to your best advantage. Take a page from Jennifer Love Hewitt, and choose a perfume infused with pheromones to elicit an intense reaction that your date will forever associate with you.

Bonus Ritual: Affirmations

When your sexy beauty rituals are complete, say a self-loving affirmation out loud to help make a solid connection to loving your beautiful self. It's the ultimate self-confidence booster as you're preparing for your date.

Dana B. Myers is the author of The Mojo Makeover, which provides tips and tricks on beauty, love, sex and dating. She's also a sexy lifestyle expert and the founder of Booty Parlor.

4 Ways to Exit a Relationship

Gracefully



By Dating

Diva, Jennifer Oikle, Ph.D., for GalTime.com

how to break up with your head held high

You know it's time to move on from your current relationship, but every time you think of it, you cringe.

You hate to be the bearer of heartache, so you've been putting it off. But now things are getting worse: he knows something's up, the irritations are piling up, or the energy is draining you.

Bottom line? You've got to woman up and get the job done so you can both move on with your lives.

But not just any break up will do. *How you call it quits is important.* It can either be so ugly that it makes it hard to move on or, if done elegantly, it can be a useful springboard to your next relationship. Thankfully, there are some savvy

exit strategies which will ensure that both you and your new ex are able to transition as smoothly as possible from one romance to the next.

EXIT STEP 1: CHANGE YOUR VIEWPOINT

As long as you think about breaking up as breaking his heart, it's hard to take the plunge. But the truth is, if you aren't the right match, then splitting now is the biggest gift you could possibly give him *and* yourself. Because then you'll both be free to pursue the right relationship that can last. So take a moment to adopt a new mindset and go into the next steps knowing you are giving him the most precious gift possible: his freedom to be loved.

EXIT STEP 2: GIVE A HEADS-UP

Nothing, and I do mean nothing, is worse than being blindsided by a breakup. When it seems like a breakup comes out of the blue, it's truly traumatic. People hate to feel out of control, like something is being done *to* them, rather than participating in a decision. So never let The Conversation be the first time you've talked about going your separate ways. When things start to get hairy, be sure you bring it up clearly, and attempt to problem solve. Then, if the problems aren't resolving, it won't be a surprise to anyone, and emotional preparations will have paved the way to separate.

EXIT STEP 3: HAVE THE CONVERSATION, GRATITUDE-STYLE

These days, it's so easy for people to wuss out and break-up the weenie way: via email, text, or voice message. You don't want to be that person. Value yourself and your new ex enough to end it, face to face. But not with just any sad or angry conversation, you want to part ways with graceful gratitude. So prepare ahead of time by thinking of the things you appreciated about your partner, the lessons you learned, and the gifts you offered to each other. Then at a good time, sit down and be super clear about your decision to move on.

Provide whatever level of detail your partner needs to understand the why's. But do so in a gentle, kind way by sharing all of the things you are also thankful for during your time together. Invite your partner to share in a similar way, despite the pain or discomfort of the circumstance.

EXIT STEP 4: MAKE A CLEAN BREAK

Break ups have a way of being messy, on again-off again affairs, which only end up causing more pain. So once you've celebrated your relationship for what was good, and shared the reasons you no longer can be together, it's time to agree to a No-Contact Period. In the weeks immediately following a break up, it's really hard to move on if you keep touching base via email, text, or phone. It's like pulling the scab off your wounds- they take longer to heal than if you just leave it alone. By agreeing to not connect with each other for a period of time, say 2 weeks to 2 months, you give each other the space to grieve, begin emotional separation, and let go to stand on your own two feet again. Be sure you agree on a time frame you can each live with, and if you both wish to remain friends, you can reconnect after that time.

After your parting, give yourself time to heal and move on before dating again and you should be ready to start from a fresh, clean, positive place!

What's the BEST break-up you've ever had? Comment below.

How to Handle the Morning

After a One Night Stand



By Daniela Agurcia

You're single, and you're on the prowl with your friends on a Friday night out. You meet a hot potential one-night-stand at the bar, you find yourself having casual conversation and a drink that turns into laughter and some more drinks, and eventually you're dancing with each other and saying, "Let's get out of here." Throughout this entire spontaneous and exciting night, you don't tend to hold back, and maybe that's exactly what you need at the time.

With a flirtatious night that leads you back to their place, the last thing on your mind is how the next morning will be. In the moment, you find yourself feeling as if you've known this person for months while chatting, laughing, and dancing away with them, and then the next morning will most likely be soberly...awkward. Here are some ways to prepare yourself for the morning after a one night stand:

Related Link: [Single Celebrities We Want to See Hitched](#)

1. Laugh it off: The best way to handle an awkward situation, like waking up next to someone you've only known for a couple of hours, is to just laugh it off. If you get up awkwardly and frantically, you'll probably embarrass yourself and the person in bed next to you. Just remember that they're in the same position as you, so they'll most likely just join in on the laughter. After all, one night stands are supposed to be fun.

2. Sneak away: You don't owe it to your one night stand to stay and thank them for a nice night or to make them breakfast. The best part of a one night stand is that you don't ever have to see them again if you so choose. Make the perfect exit by quietly crawling out of bed early in the morning and have either a cab or a friend pick you up. If you want to see that person again, but also want to make a quick escape, leave your name and number on a piece of paper next to their pillow.

Related Link: [Justin Timberlake Talks About Friends With Benefits](#)

3. Keep it casual: The one mistake is having expectations the morning after a one night stand. Don't expect the other person who was so sweet to you the night before, to woo you the next morning, too. It's better to just accept that it was a casual hook-up so that you won't get upset or feel offended. If you're in the right mindset and on the same page as the other person, then you'll leave with no regrets.

What are some other ways to handle the morning after a one night stand? Share your thoughts below.

Predict the Future of Your Relationship And Love with Celebrity Astrology



By Teresa Lopez

There are two things that every girl loves: horoscopes and checking out [celebrity couples](#). We've put the two together, as we are going to be looking at some of the hottest Hollywood couples and what their star signs have to say about their relationship and love. From polar opposites to people born on the same day, we've got it all! So, here's a taste of celebrity astrology that may help you predict the future of your relationships:

Related Link: [Top 5 Celebrity Couple Predictions](#)

What The Stars Say About Relationships And Love

Kristen Stewart and Robert Pattinson: Although they've experienced a few rough patches in the past, this famous couple has amazing compatibility when it comes to their charts. Both have an ascendant sign that is almost close to identical. Although this is questionable because of how uncommon it is, if it *is* the case, it means that this couple will have very similar world views. Not only are their ascending signs in conjunction, but they also have conjunct Mercuries, which means that they think alike as well! Similarly there are positive signs of strong sexual attraction and romance: Stewart's Uranus is conjunct to his seventh house, which means that they are both very romantic and inclined to please. Although they may have been rocky before, these two have all of the makings for a long lasting relationship and love.

Catherine Zeta Jones and Michael Douglas: Because these two share the same birthday, their charts are almost identical. The only differing aspects are caused by location and time of birth. Almost everything is compatible here, except for Zeta Jones's Mars being conjunct to Douglas's moon. This can be extremely stressful on a relationship, despite the fun energy that it can provide for a short period of time. Because of this, we believe that this relationship may last for several years but will subsequently end in a celebrity break-up due to stress and potential hardship.

Related Link: [Five Reasons Why Opposites Attract](#)

[Brad Pitt](#) and [Angelina Jolie](#): Oh, Brad and Angie! So many of us were curious how they were going to work out when their celebrity relationship first started – they seemed so opposite! Turns out that it's not just their personalities that are juxtaposed but also their horoscopes. Many of Pitt's

planets fall into Jolie's sixth house, the one that indicates work relationships and services, such as charity. Obviously, this speaks worlds to Pitt's commitment to adoption and community service that coincided perfectly with the beginning of this relationship. Although it can be difficult to say what drives the very private pair, this Hollywood couple's major aspects are usually opposite each other: They have sun opposite sun, and Venus and sun opposite ascendants. Many of these opposite aspects can cause stress and negativity in a relationship, although keeping things fresh and unique. It is important that as much excitement as they may find that they realize that they need to be cautious around such harsh juxtaposing aspects. We may see, in the future, this fiery relationship and love fizzle out and die.

This post was written on behalf of Hollywood Psychics. If you want to learn if you and your partner are as compatible as Kristen Stewart and Robert Pattinson, start a live psychic chat today!

Secrets to Staying Married for 50 Years (Or More)





By GalTime Lead

Ambassador Jenny Tiegs for GalTime.com

Danny DeVito and Rhea Perlman have separated after 30 years of marriage. Why does it feel so sad? Maybe because, in a reality-TV world, we are so used to seeing relationships go the way of Kim Kardashian. Here's how to put aside the sad news of spotlighted break-ups and focus on staying with your own leading man for 50 years (or more).

1. Stay Alive: This may sound like a smart-aleck answer, but it is true. Take a good look at yourself and realize that you're not that strapping 20-something anymore and you have to take care of your health in order to make it to 50 years of marriage. Joe Hewitt, a retired pastor, mediator and married man of 50 years was blunt when asked how to make it to celebrate that many wedding anniversaries.

"To make it to the 50th wedding anniversary, first of all, the couple has to stay alive." Make the choice and decision to be healthy for you, your partner and your family.

2. Take Time to Talk: Life is busy for everyone at every stage of life, but it is vital to your marriage to take a time out each day and reconnect with your spouse. Christina Steinorth is a licensed psychotherapist and author in Santa

Barbara, California and believes 30 minutes is all it takes to stay connected.

“With all the interruptions couples have between jobs, kids and smart phones, it’s very easy to lose touch with each other over the years, only to find out five or ten years down the line that you have very little in common anymore.”

If you can’t find a solid half-hour, Steinorth suggests breaking into 15-minute sessions. In-depth talks that will involve some Kleenex aren’t necessary – just some simple conversation. “Talk about your day, make plans for the weekend or even talk about current events,” she advises – all to build and maintain a strong bond.

3. Check-Ups: Everything we own needs maintenance: our cars, our teeth, even our technology need to be charged and updated. So why wouldn’t we do the same for a marriage? Dr. Carletta Perry, a psychology professor, therapist and relationship and life coach, tells couples not to be afraid of attending counseling, a workshop or a fun couples retreat.

“Check ups can provide you with a third-party perspective on issues you ‘talk’ about well into the wee hours of the morning,” she says. These exercises will help you learn what’s normal for relationships, teach you new things about how to be a stronger couple or just learn how to have more fun together. Most of all, participating in a check-up can also reassure you that you’re not alone, Dr. Perry says. “Everyone has problems...even that perfect couple you compare yourself to.”

4. Know When to Speak and Know When to be Silent: Certified dating and relationship coach Yvonne Chase says the key to her parents’ marriage was being adept at responding with words and with silence. Chase’s mother told her, “You don’t have to respond to everything you see in your marriage. Stop picking the little things. So what if he didn’t cover the toothpaste?”

It's not worth it. Know when to speak and when to be silent."

Chase also provides a bit of self-reflection with a hint of Gandhi: Be the change we wish to see.

"Change *you*. Don't waste your time trying to change your spouse. It's an exercise in futility. Work on the person in the mirror and that will bring the changes you want to see in your marriage."

5. Fight! We've heard it before, so why hasn't it stuck yet? Happy couples need air – and resolve – their grievances.

"Couples who don't fight at all are actually more likely to divorce than couples who do fight, but do it productively," Jennifer Soos, a marriage and family therapist in San Antonio, Texas points out.

Happy couples have figured out how to hash out their problems in a manner that is respectful and gets problems solved. To do this, you need to know the "rules of fight club." They include starting conversations with a soft-start-don't go into a discussion with swords already drawn. It's also wise to know when to take a break if you get emotionally overloaded. A half-hour can make a huge difference when things get heated, so step away and return when you've taken a breath. And lastly, don't be too extreme on either end when an argument starts. Soos warns that couples enter gridlock when one or both people either refuse to talk or want to fight about everything at that moment.

Finally, one of the best pieces of advice came from Jack Quinn, married 52 years, who simply says, "Don't sweat the small stuff and don't do anything that you would be ashamed to tell your children or your wife."

Hollywood Stars Who Rebounded With a Hot and Heavy Romance



By Daniela Agurcia

The best revenge is happiness. You may feel like wallowing in your sorrows after a breakup with someone who you once thought was “the love of your life,” but the best thing to do is get back on your feet and start dating again. Feeling sorry for yourself won’t get you anywhere, and won’t help you move on to bigger and better things, which is what you should want. Regardless of the reasons of why you and your partner ended things, you should want to look better than ever and get back into the dating scene.

You rebound to find that hot and heavy romance you were lacking in your previous relationship, and that’s just what these celebrities did:

1. Kim Kardashian and Kanye West: We all remember the infamous divorce between Kim Kardashian and NBA player, Kris Humphries that lasted a total of 72 days. We all thought that Kardashian, 31 would avoid dating for a while after all of the accusations over her divorce with Humphries, but just months later she was reported dating none other than Kanye West. The reality tv star bounced back quickly and looks happier than ever in her new relationship. Kardashian has been living the fabulous life with West from driving his luxurious Mercedes to taking a trip together to one of the most romantic cities in the world, Paris. Regardless of what people are saying, the couple is currently unstoppable and this must be driving Humphries absolutely crazy.

Related Link: [Can A Rebound Relationship Turn Into True Love?](#)

2. Eva Longoria and Eduardo Cruz: It was a tragic ending for Desperate Housewives star Eva Longoria's three-year marriage with Tony Parker when he was found cheating. Longoria was absolutely devastated when the trust was lost and she found herself filing for divorce in November, 2010. Just months later in February, 2011 the latin beauty began dating a man ten years younger than her, Penelope Cruz's brother, Eduardo Cruz. The on and off again couple keep laying on the PDA that has the unavoidable sparks flying between the two. Post-divorce has never looked so good, having now dated someone younger has the star looking younger and hotter than ever.

3. Ashton Kutcher and Mila Kunis: Even though Ashton Kutcher and Mila Kunis were always rumored to have a fling with one another after years of filming That 70's Show together, it's finally official. It was never the right timing between the two since Kutcher was married for the past six years to 49-year-old Demi Moore. But ever since last November, when Moore and Kutcher split, rumors have been flying and Kunis was finally captured smooching Moore's ex at an LA party. We can't all help but wonder how it feels for Kutcher, 36, to go from dating a woman 13 years older than him to almost ten years

younger than him. Even the new pair is trying to keep their distance in public as a respect for Moore, their chemistry is raging and you can see the love from miles away.

Related Link: [Rachel A. Sussman Helps Us Recover After A Breakup In 'The Breakup Bible'](#)

4. Kate Winslet and Louis Dowler: Kate Winslet made a complete 180 when she went from dating behind the scenes director, Sam Mendes to the hot model, Louis Dowler. Winslet has taken an immediate upgrade in the looks department, dating the Burberry model shortly after her separation to Mendes. Is the oscar-winning actress looking to settle down after her 7 year marriage to Mendes, or is she just looking to have fun with the popular British model...and others? There's no harm in getting back on your feet after a long marriage and sudden split and testing out the waters. Some hot and heavy romance with a model could be just what the doctor ordered for a sad case of the blues.

What other Hollywood stars rebounded with a hot and heavy romance? Share your comments below.

Are We In Danger of Dating Like Celebrities?





By Joshua Pompey

We see it year after year. Celebrities enter relationships, only to see them quickly dissolve in record times.

For every one Brad Pitt who finally settles down to commit, there are a hundred Derek Jeters. Russell Brands and Kristen Stewarts. In fact, Bill Maer once said, "Men are only as faithful as their options." The fact is, when it comes to celebrities, options are unlimited for both males and females. When the going gets tough in the celebrity world, the tough can get going and be just fine! The bottom line is that there's no true incentive to make things last *forever* once the initial rush fades.

Unfortunately, this is translating outside of the celebrity world these days. The modern era of dating has completely flipped the world upside down. Attention spans are shorter than ever, and online dating has created the same unlimited options for everyone that at one time were only available to celebrities. People are always on the look out for the next big thing, entertaining way too many options, and having way too many superficial relationships.

Related Link: [3 Benefits of Meeting People Online](#)

So, what are some ways to avoid the shallow world of celebrity dating? Here are three ways:

1. Focus on the person:

Many people who date online play the numbers game. They go on multiple dates per week, thinking they will find “the one” much quicker. This is a bad idea, because it will just result in more superficial conversations and never truly getting to know someone on a deep emotional level. Falling for someone takes time and effort.

Related Link: [Five Conversations to Avoid on that First Date](#)

2. Realize that life is not a movie:

We tend to always see celebrities living “happily ever after” and want the same for ourselves. We think if we look hard enough, we’ll find that “perfect” person the way people in the movies do, who sweeps us completely off our feet. The problem is, the “perfect” person in our imaginations may not exist. Life is not a movie. Just look at what usually happens to real life “fairy tale” celebrity marriages when they meet their “romantic fates.” Serial dating in the hopes of finding the perfect person is a lost cause unless you are realistic with your expectations.

3. Allow logic to enter the equation:

Celebrities tend to rely more on emotion than logic because there are very few consequences. They will still have their millions, movie deals and mansions when the relationship ends. Us “real people” may not be so lucky. Acting purely on emotion may leave our lives seriously damaged if the relationship doesn’t work out. Allow logic to enter the equation and think long term before forming a relationship that is based on infatuation and sexual attraction.

Don’t become just another celebrity-like statistic. Remember,

the dating troubles of us normal folk won't be featured on any magazines. We don't have as many chances as those in the celebrity world, and we have the chance of ending up cold and lonely if we make too many love mistakes along the way.

Joshua Pompey is the author of four online dating guides for men. You can find plenty of free information at his website, so check out www.GetRealDates.com for plenty of free articles, including the "Seven Habits of Highly Successful Online Daters."

Can Politics Ruin Your Relationship?



By Mark Miller for

GalTime.com

Relationship Politics...

There aren't many outstanding "inter-political" couples we can look up to. Up until last year we could cite Republican Arnold Schwarzenegger and Democrat Maria Shriver as peaceful partners, but they've since said "hasta la vista, baby." Arnold's back making movies and Maria's no doubt back dating human-sized men.

The most high-profile couple with opposing political beliefs (that is still together) is Democratic Strategist James Carville and Republican Consultant Mary Matalin. The two were married in 1993, one year after they staffed opposing Presidential campaigns, and have said they don't talk politics at home. (Which is probably a good idea for relationship longevity for couples on opposite sides of various spectrums – not to talk politics, religion, or which of your spouse's friends or relatives you would "do" if given the opportunity).

So what about us normal folk – the people who don't make a living working and breathing politics, but still have opinions on the issues? Here are some additional tips on how to keep the peace with a partner of a different political party as this nasty election season heats up.

Don't bring it up: What's the first rule of Fight Club? "Don't talk about Fight Club." Politics can be just as brutal – though you usually don't have to wear a protective cup.

Agree to disagree: Even if we like to think of ourselves as "open-minded," most of us have our minds made up about major political issues. Your efforts to change your partner's mind will not only be unsuccessful, but could result in having heavy objects thrown at your head in a heated fight. You can often spot such people walking down the street. They're the ones with an omelet pan embedded in their skulls. Just smile understandingly and say, "I know... I know."

Focus on the positive: Your partner must have some other redeeming qualities besides their politics, right? After all, Albert Einstein and the Kardashians were able to carve out entire careers without mentioning politics, and how often do you even hear their names in the same sentence? Instead of emphasizing your differences, focus on your shared hobbies and opinions. Some middle-of-the-road interests to get you started: Pizza, football, puppies, The Beatles, light bondage. You know, those sorts of things.

Be up front: Sure, lies are fun and exciting, and lying gives you a thrill that nothing else can match, but... where was I going with this? Oh yeah – be honest with your significant other about your beliefs, and be honest with yourself about how important those beliefs are to you. And, of course, be honest about how that spanking the other night was just a tad more painful than you'd expected. Or am I just bringing up too much of my own experience here?

Be respectful: Making fun of other people is great – but not when you're trying to develop a relationship. You don't have to agree with one another, but at least don't belittle the other person's beliefs. So, get in the habit of saying things like, "While I don't share your feelings about Mitt Romney (or President Obama), I respect them."

Share the remote: Don't watch Bill Maher in front of your partner if he or she is a Bill O'Reilly fan. DVR all your favorite programs, and sneak out of bed to watch them in the middle of the night while your partner sleeps. Or, watch clips online at work, like a real American. Or, use those shows as punishment for one another. If she overcooks or burns dinner, she must watch an episode of Bill Maher's show. If you forget her birthday, get ready to watch Bill O'Reilly's.

Show your true colors: If you're really itching to show your pride, passive-aggressively support your political party by wearing red or blue garb. Your significant other will never

know that you are secretly campaigning, and if they call you out, you can make THEM look crazy. “OMG, you can’t even look at the color red without thinking of Sarah Palin?!?” This is a technique known as “Gaslighting” – making someone think that they are actually going crazy. And romantic relationships don’t get much more fun than that.

If all else fails, cut and run: Americans only get worked up about politics every four years (or two, if you’re a midterm person). Tell your partner you’ve been called out of town on business until November 9. That will give him or her a few days after the election to stop gloating and/or crying. Meanwhile you can sip drinks by the pool in sunny Canada. Dysfunctional? Of course. What’s your point?

Politics aside, a wise person once said that the four most important words a man can use to ensure longevity in a relationship are “I’m sorry” and “Yes, dear.” Although I’m also a big fan of flowers and an evening of love-making. Just be sure that neither the flowers nor the bed sheets are red, white and blue.

Is It Time to Update Your Facebook Relationship Status?





By Ashley DelBello

It's not official until it's on Facebook. We've all heard this before. And as Facebook recently hit its one-billionth user, it's becoming truer in almost every aspect of life, including relationships. With some, Facebook has even replaced having the "the talk" with "can we update our relationship status on Facebook yet?" A little extreme, but as Facebook is the one of the most prominent social networking sites relationship statuses are now an important milestone in dating.

So when do you update your Facebook relationship status? Too soon and you may have to publically face going from "in a relationship" back to "single" before your next date (which has now been cancelled). If you wait too long, your significant other can become irritated and it could start to cause problems as it may be more important to them than you realize.

Follow these simple rules when considering updating your relationship status:

Related Link: [5 Ways Social Media Can Help Your Relationship](#)

New Relationships. Have you already had "the talk?" Deciding that you're exclusive should definitely take place prior to

updating your relationship status and should also be a safe indicator that it's ok to announce that you guys are dating. While we all want to shout from the top of our lungs when we are in a new relationship, it's usually best to wait and make sure it's going to work out. No one wants all the annoying questions you'll receive from people you haven't heard from in years when you have to change your status back to "single."

The Break-Up. There's no need to rush to update your status as soon as you leave your ex's house, but you will want to change it before it too much time passes and you're left looking a little pathetic. However, your Facebook profile is highly visible to almost everyone and it's not something you want to change lightly. Give it a few weeks and when you're absolutely sure that it's over, go ahead and make the change. If the relationship ended [amicably](#) and you were together for a long period of time, it couldn't hurt to give your ex a heads up that you are going to change it.

Related Link: [Q&A: How Can Social Media Help My Long Distance Relationship?](#)

Making Your Status Private. Of course, you could avoid all of this by simply clicking "only me" for your relationship status. Not as fun and there will most likely be a time you'll have to make it less private, but if you're currently in a situation that allows you to keep it to yourself, then it's definitely something to ponder.

Any Public Relationship Status Update. Think it through and consider all the possibilities of making a change – you certainly don't want to be the one constantly making updates to your relationship status or be on the receiving end of unsolicited advice so make sure it's worth it.

Tell us: When do you update your Facebook relationship status?

What's Love Got to Do With It?



By Paul N. Weinberg

Here's the myth: Cupid's arrow strikes you in the heart, you fall in love and you live happily ever after.

But we all know that real life doesn't quite work that way. A more familiar story goes like this: You meet someone. The two of you have great chemistry, and you really hit it off. You jump into a relationship and you fall in love. This seems like "the one" ... except that six months or a year later, you're no longer together and you are once again single. Now repeat until emotionally exhausted.

Does this pattern of falling in and out of love sound

familiar? I've observed it in singles for years so I'm no longer surprised each time I hear that a friend who was in love the last time I saw them is no longer with their partner. And very often, he or she is already in love with someone new.

Related Link: [Why Celebrities Fall In and Out of Love So Quickly](#)

So if love often condemns us to a series of relatively short-term relationships – and with all due respect to Tina Turner – the obvious question is: “What’s love got to do with it?” In other words, why isn’t falling in love enough to establish an enduring, long-term relationship. And what does it take to keep us together after the emotional thrill is gone and the sexual excitement has faded?

Related Link: [4 Steps to a Stronger Long-Term Relationship](#)

The simple answer is that for most people, the long term glue that binds together our personal relationships is emotional intimacy.

What is Emotional Intimacy?

Although intimacy and love often go together, love is not intimacy, and love in a relationship does not guarantee intimacy. And although a sexual relationship may lead to an emotionally intimate one, you can have sex without intimacy and intimacy without sex. So sex is not intimacy either.

Put simply, emotional intimacy is about connecting and being connected on an emotional level to your partner. It’s the sharing of your innermost thoughts and feelings, coupled with all the ways of being together – a glance, a touch, a silent moment, a laugh, or just being present and attentive – that provide the foundation for an emotional connection in a personal relationship.

Intimacy is the complement to love that requires trust,

openness, vulnerability, safety, empathy and honesty and involves deeper levels of communication that are conveyed through the sharing of feelings and emotional needs. Intimacy exists at the deepest level where each of you is able to not only feel and understand the other but also be felt and understood by the other.

So love is just one part of the larger landscape of connection in personal relationships. And it is intimacy rather than love that brings emotional depth to the connection, permits a deeper knowing of yourself and your partner, and adds longevity to your relationships.

*Paul N. Weinberg is the coauthor of **The I Factor**, a new book about intimacy and connection in personal relationships. Available in print and ebook versions through Amazon and the Apple iTunes Bookstore. www.theifactor.com*

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Is Your Career Killing Your Relationship?





By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

is your career your first love?

Russell Crowe and his wife of nine years, Danielle Spencer, have separated, according to Australian news sources. The two were on opposite sides of the globe when the news broke, she in Australia shooting *Dancing With The Stars*, and he in Los Angeles shooting the film *Noah*.

Like many other split couples with big careers, extensive travel schedules and calendars packed with commitments, could their whereabouts be an indication of what went wrong with their marriage? Did their careers take priority over their love lives?

Have you ever asked yourself this question: Which comes first my love life or my career?

Most of the time, there's no easy answer. For celebrities, the choice can be particularly hard since their work often takes them far away for long periods of time. But you don't have to be a star to grapple with this tug-of-war. At some point, if you have a career, you will be forced to make tough decisions when your job and your relationship collide. While having a

career should not preclude being in a relationship, the questions often become: How much is too much? And how much of a toll does it take?

If you're the one left alone on a Saturday night (as one of my patients was when her boyfriend couldn't make it to her sister's wedding because he had to work) what is important to keep in mind is to not take your partner's working overtime personally. It is easy to fall into the pattern of feeling they are choosing the office over you, while they may just see it as their professional responsibility. If this is going on for you or the person you're seeing, what you can do is look to put some checks and balances in place. If it's the sixth night in a row that you haven't been home before midnight, it may be time to have a talk with the boss and set some boundaries.

The other thing you can do if you know you are going to be overwhelmed with work and anticipate being exhausted is to give your partner fair warning. That way, they can make other plans and not feel ignored or abandoned.

You want to preserve the emotional intimacy you share with your partner because that can ultimately help sustain you as you make your way in the world. If you work to balance it you can maintain your career and your love life, rather than ending the relationship as Russell and Danielle have done.

Celebrity Couples Who Let an Affair Ruin Their

Relationship



By Jennifer

Harrington

Hollywood romances are notorious for being short-lived and frequently ending because of infidelity. Many star couples beloved by fans have ended relationships because of the heartbreak and scandal caused by one partner's wandering eye. No doubt healing any relationship scarred by cheating is difficult, but with the constant glare of the paparazzi and media, celebrities are in a far more challenging position when considering forgiving-and-forgetting their partner's indiscretion. Here's a look at a few high-profile couples who called it quits after an episode of the roaming-eye:

Brad Pitt and Jennifer Aniston: Both blond, beautiful, successful movie stars, Brad and Jennifer were media darlings throughout their five-year marriage. During this time, they were considered to be a rare success of wedded bliss in Hollywood. It all came to an end when Brad co-starred with

Angelina Jolie in the movie *Mr. and Mrs. Smith*. Team Jolie and Team Aniston t-shirts were worn by fans as speculation swirled that Angelina was the cause of Brad and Jennifer's split. Several years after Brad and Jen's divorce was finalized, Brad finally admitted that he fell in love with Angelina on the set of the movie while still married to Jennifer. Understandably, "Brangelina" is still a sore topic for the *Friends* star, and Brad now uses one word to describe his marriage to Jennifer: "pathetic".

Related Link: [Brad Pitt Trashes Marriage with Jennifer Aniston](#)

Arnold Schwarzenegger and Maria Shriver: Arnold, the bodybuilder turned actor turned Republican California governor, and Maria, the journalist from a prominent Democratic family, seemed to be an unlikely pair when they first started dating. But, married since 1986 with four children, they seemed to be living "happily ever after"... until the news broke in 2011 that Arnold had fathered a child with a former household staffer. Maria quickly filed for divorce. Today, the couple is focused on co-parenting their children. According to Arnold, "We work together even though we're going through a divorce... we make sure that the kids grow up to be really good human beings."

Related Link: [Five Reasons Why Powerful Men Like Arnold Schwarzenegger Cheat](#)

Hugh Grant and Elizabeth Hurley: Hugh and Elizabeth were together for 13 years. However, when Grant was arrested in 1995 for soliciting a prostitute in Los Angeles, his relationship with Hurley, the Estee Lauder model, slowly began to crumble as Hugh admitted on *The Tonight Show with Jay Leno* that he had done a "very bad thing". The English lovebirds finally called in quits in 1998, but today, remain close friends and Grant is the godfather to Elizabeth's son Damian.

Recently, we saw the turbulence in Rob Pattinson and Kristen

Stewart's relationship, because of her wandering eye, so there's no doubt cheating is here to stay in Hollywood.

Why do you think cheating is so common place in Hollywood? What other celebrity couples can you think of that have been ruined by cheating? Comment below.

How To Find Love Online With Non-Traditional Dating Sites



By Karla Stephens-

Tolstoy

The emerging alternative to dating sites has become social networks such as Facebook, Twitter and LinkedIn. Each of these sites are free to join and let you chose as many "friends" as you like, with little or no limitations on communication. If

you have a particular Romeo in mind, social media can provide some great avenues for making a connection:

Related Link: [Five Ways Social Media Can Help Your Relationship](#)

Facebook

Facebook's benefit certainly comes in the numbers. With everyone and their aunt as an active member, this service can connect you with virtually anyone. A good option with FB is freely being able to browse the friends of friends. This can even allow you to spot potential catches, and have the mutual friend set up a blind date. The How To's of Facebook are pretty simple, especially if you have a target in mind:

1. Locate their page.
2. Do some intelligence gathering: Find out his online m.o. to best target when and how to reach him.
3. Consider commenting on posts and topics that they follow as a way of introducing yourself.
4. Determine ahead of time what you will and will not share.
5. Set casual goals for each contact: sharing more, getting personal, moving to the next step (a phone call), meeting in person, etc...
6. Have a line of conversation ready to go before initiating contact.
7. Plan your attack and execute your approach.

Related Link: [Q&A: How Can Social Media Help My Long Distance Relationship?](#)

Twitter

Twitter is an odd beast, as some barely touch it while others live and breathe by the tweets. It can offer a nice window into the thought process of a prospect. The trick with Twitter is to make your characters count and your creativity shine.

1. Research the topics and people they follow for a shared interest.
2. Plan your approach, whether through direct or shared contact.
3. Be pithy, it's part of the appeal: The limit of 140 characters requires tight, single statements. Back and forth attempts here seem forced and out of place.
4. Steer the communication to a fuller venue like email, Facebook.

LinkedIn

LinkedIn serves as the largest professional town square online. A lot of informed daters look to this as the go-to fact sheet on a subject. It can say a lot about a person beyond their education and work history. This is great for cold calling, or looking for love without a lead.

1. Determine the type of professional and location for whom you are looking.
2. Find the LinkedIn groups that meet that criteria.
3. Comb the member lists for those groups.
4. Research any potential prospects through social media before contact.
5. Send him a connection request.
6. Consider sending an InMail (internal message) introducing yourself.

The one certainty of social media is that it doesn't appear to be going anywhere. Platforms rise and fall in popularity, but this would appear to be the new phone book/nightclub of our times. For good or bad, it's having a direct effect on how people meet up, and your presence there can make all the difference.

Karla Stephens-Tolstoy is CEO & Founder of Tokii – an online relationship management platform designed to help busy couples stay connected. Karla is a business and brand maverick,

skilled in building start-ups and building brand management teams in North America, Asia and Europe.

When is it OK to Be Friends with an Ex?



By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

“You know, Justin and I are great friends. We love each other. We want the best things for one another,” Cameron Diaz told “Good Morning America” in 2011, long after her relationship with Justin Timberlake had ended and while they were promoting the comedy “Bad Teacher” together.

While the former pair have publicly complimented each other,

even since Timberlake become engaged to Jessica Biel, is being friends with an ex only the stuff of scripts and on-screen romances?

Often when people end a relationship they say, "Let's be friends." It makes sense. You've been the most important people in each other's lives for a long time, maybe even years. It's hard to make that clean break – it can feel like a gaping hole in your life. So you decide to continue to be a part of each other's life. But staying connected isn't always easy or the best choice. So when, if ever, is it OK to be friends with your ex?

Couples rarely break up on equal footing. Instead, one person might be eager to get away while the other wishes to continue to be together. That's where it gets tricky. If you are on the side of hoping for more with that person, you run the risk of remaining attached and not allowing yourself the possibility of meeting someone new who might be better able to fulfill your needs. And if staying connected was a problem while you were dating, imagine how hard it will be to get your ex's attention now. You may just be setting yourself up for frustration and disappointment which ultimately might make you feel more empty and sad. If you remain focused on your ex, it could hold you back from finding your future.

The rule of thumb, generally, is this: It probably isn't such a good idea to try to be friends unless neither one of you holds any hope to be with the other romantically.

Give it time. And if one of you calls the other after years of talking? Maybe then there will still be good feelings remaining and enough time and space will pass so the two of you really can be friends.

Falling In Love: When to Say the L-Word for the First Time



By Sarah Ribeiro

You and your significant other have been together for quite some time now. You've experienced great dates, bad dates, and more romantic adventures than most couples you know. You've met the parents, made plans for the future, and have even discussed living together. There's just one thing you haven't done, and it's a rather large elephant in the room: said "I love you." Both you and your partner have likely contemplated saying it, and it might have **almost** slipped out more than once, but you're unsure whether you're ready to say it. If you need some help on knowing when it's time, here are some ways to know you're ready to say the L-word for the first time:

Related Link: [Letting Go of Past Loves](#)

1. You've made the commitment: If you and your partner are

attached at the hip 24/7 (yes, that includes overnight), are making plans for “what’s next” and both envision a future together, it’s safe to say “I love you.” After all, you must love each other to make these commitments, and to be with each other through good and bad.

2. You trust each other: When it comes to love, trust is a make it or break it kind of thing. Telling your beau you love them conveys that you trust them not only with your heart, but with the most important parts of your life. The L-word is a promise to be there for each other in the toughest of times and to care for each other – even when it’s hard. A promise like that can’t be made without trust.

Related Link: [Shrinkwrap: When Are You Exclusive?](#)

3. You’re able to communicate: Communication is key in any good relationship, but you can’t be completely open with your partner if you don’t have the traits mentioned above. Communicating with your love is all about commitment and trust. If you’re able to commit to and trust your sweetheart, you can be open with each other and explore each other’s feelings, needs, and desires. Understanding and appreciating what your honey has to say, and being able to say what you want without fear of them running out is a sure sign that you can say “I love you” to them and mean it.

When do you know to say the L-word for the first time? Share your comments below.